Suicide Prevention

13th COSCOM Chaplain's Office

Introduction

- Suicide Awareness and Prevention
- If the Army wanted you to have a wife, they would have issued you one

SUICIDE

- What Is It ?
- Some surprising statistics
- Serious problem
- Preventable

Myths About Suicide

- People who commit suicide are crazy.
- Good circumstances prevent suicide.
- People who talk about suicide will not commit suicide.
- People who threaten suicide, cut their wrists, or do not succeed with other attempts are not at risk for suicide.
- People often commit suicide without warning.

Myths About Suicide

- Talking about suicide to people who are upset will put the idea into their heads.
- People who are deeply depressed do not have the energy to commit suicide.
- People often commit suicide without warning.
- Talking about suicide to people who are upset will put the idea into their heads.

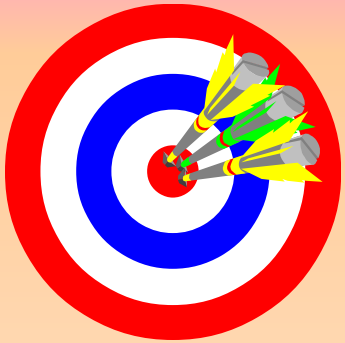
DANGER SIGNS

- Depressive illness, mental disorder
- Alcoholism, drug abuse
- Suicidal ideation, talk, preparation
- Prior suicide attempts
- Isolation, living alone, loss of support
- Hopelessness
- Work problems, economics, occupation
- Marital problems
- Stress, life events
- Anger, aggression, irritability
- Physical illness

DANGER SIGNS

- Cultural and religious beliefs—for instance, the belief that suicide is a noble resolution of a personal dilemma
- Local epidemics of suicide
- Easy access to lethal methods

TAKE AIM



Awareness: Appropriately broaden your awareness of suicide and its risk factors

Intervention: Enhance soldier intervention and involvement

Methodology: Advance the science of suicide prevention.

What do you think?

At a large Army post, a body was found in a heavily wooded area by deer hunter. Investigation revealed that the body was that of a young soldier who had vanished from his barracks two weeks earlier. In investigating this death, it was learned that a week before his disappearance he had given away his stereo system to a friend. The soldier, an avid skier, gave his skis to another friend, stating, " I won't be needing these anymore." In addition, he had sent a package containing clothes and other possessions to a cousin who was about his age. He then apparently bought a revolver, went to the woods where he frequently hiked, and shot himself.

Do you think this suicide could have been prevented?

What This Means

- Everyone is responsible
- Be aware
- Get help